



November
2014

Calhoun County Connections

Special Points of Interest

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- 👤 A Call To Men
- 👤 Ebola News from MSUE
- 👤 Sweaters for Warmth
- 👤 Small Business Saturday
- 👤 Election News
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- 👤 Employee Milestones
- 👤 Holiday Craft Sale - Justice Center, November 20th

NOVEMBER 11th, 2014



2015 Open Enrollment

Believe it or not, it is just about that time of year again already – Open Enrollment. As in the past, we will begin Open Enrollment during the second week in November and it will run through November 30th. Next week, HR will send you additional information about Open Enrollment and Instructions for navigating the E-Benefits Portal. In short, the County will be keeping the same three health care plans as in the past few years with BCBS, as well as maintaining the existing plans with Delta Dental, VSP, and UNUM. The rates have also gone down on all three plans, which is also great news. With minimal plan changes and lower rates, it should be a smooth open enrollment process this year.

From Nov 10-14th, Brandie and our benefit consultant team from Aon will be conducting employee meetings throughout the various buildings. Sign-up sheets will be available so that HR can evaluate the need for additional meetings as they fill-up. Then the following week, Brandie will be available for anyone that needs individual assistance.

There will be additional sign-up sheets for individual meetings posted at the Justice Center or contact Brandie directly at 0982 to set-up an appointment time.

The E-Benefit enrollment portal will remain open through November 30, 2014. Part-time employees and those wishing to Opt-Out of benefits, must still complete the on-line portal process even if declining coverage since benefits are offered to you. As in the past, employees failing to complete the on-line enrollment process will automatically receive the CB-3 standard designated health care plan at the single plan level with no additional adjustments after the Nov 30th deadline.

HR is looking forward to a very successful open enrollment process. As always, please contact the HR department if you have any questions (x0980 main line or Benefit Specialist -Brandie at x0982).

Thanks!
Kim Archambault

2015 Open Enrollment Meeting Schedule

Monday, November 10th

8:00 am to 9:00 am - Justice Center - Courtroom 245
9:00 am to 10:00 am - Justice Center - Courtroom 245
10:30 am to 11:30 am - Justice Center - Courtroom 245
1:30 pm to 2:30 pm - Justice Center - Room F221
2:30 pm to 3:30 pm - Justice Center - Room F221

Wednesday, November 12th

8:00 am to 9:00 am - Road Department - Garage
10:00 am to 11:00 am - County Building - HR
11:00 am to 12:00 pm - County Building - HR
2:00 pm to 3:00 pm - Juvenile Home

Thursday, November 13th

7:00 am to 8:00 am - Justice Center - Courtroom 245
8:00 am to 9:00 am - Justice Center - Courtroom 245
9:30 am to 10:30 am - Justice Center - Courtroom 245
11:00 am to 12:00 pm - Toeller Building - WIC
1:30 pm to 2:30 pm - Toeller Building - WIC
3:00 pm to 4:00 pm - Justice Center - F221

Thursday, November 20th

10:30 am to 11:30 am
RETIREE Meeting - County Building - Board Room

A CALL TO MEN

**A KEYNOTE BREAKFAST WITH
TONY PORTER
7:30 TO 9:30 A.M. THURSDAY,
NOVEMBER 6, 2014**



Abuse thrives in silence. As a community leader, you are called to conscientiously intervene.

Ending abuse will happen when good men expect, even insist, that men stop abusing women. Come learn from Tony Porter on how you can create a more safe work environment for everyone.

**The keynote breakfast will be held
at Firekeeper's Casino,
located at 11177 E. Michigan Ave. in Battle Creek, MI**

**A WORKSHOP WITH TONY PORTER
9:00 A.M. TO 1:00 P.M. FRIDAY,
NOVEMBER 7, 2014**



85% of abusers are men. You can change that statistic. Boys are listening. What will you tell them?

Ending abuse will happen when good men expect, even insist, that men stop abusing women. Come learn from Tony Porter on how you can become a better mentor for youth in the community.

**The workshop will be held
at Firekeeper's Casino,
located at 11177 E. Michigan Ave. in Battle Creek, MI**

Tony Porter is internationally recognized for his work to end sexual and domestic violence against women. As the visionary and co-founder of 'A Call to Men,' Porter's message of male engagement and self-examination has significantly shaped the new domestic violence policies of the National Football League.

Call Sara Hockett, Community Educator & Resource Coordinator at Sexual Assault Services of Calhoun County, at (269) 245-3925 by Friday, October 31 to RSVP for this free event.

This event is funded by W.K. Kellogg Foundation & sponsored by the Sexual Assault/Domestic Violence Coordinating Council (SADVCC).



'Like' Sexual Assault Services of Calhoun County and SAFE Place on Facebook!

EBOLA—SHOULD YOU BE CONCERNED?

Ebola is a virus that mainly occurs in Africa. There the virus is present in animals which aren't affected, but people can contract the virus from these animals and then spread it to other human beings.

Posted on **October 23, 2014** by [Diana Fair](#), Michigan State University Extension

With the increasing media coverage on Ebola, some people are unsure of their risk of contracting the virus – others are left trying to identify true to fiction facts. To start, [Ebola](#) cannot be “caught” from being in the same area as an infected person – it is not airborne.

Ebola is a virus that occurs primarily in Africa. There the virus is present in [wild animals](#), mainly mammals such as bats and apes. When people are exposed to the bodily fluids of these animals, they can contract the virus and then spread it to other human beings.

Ebola is spread when someone comes into contact with the bodily fluids of an infected person, as stated by the Centers for Disease Control and Prevention (CDC). This is why we are hearing that health care workers and close family members who are caring for an infected patient may become ill. It's during the time an infected person is experiencing symptoms that they are considered infectious to others. So, don't panic. Your risk of developing Ebola is extremely low.

The CDC lists Ebola symptoms as: Fever, rash, muscle pain and weakness. As the fever increases, bleeding occurs often in the form of bloody diarrhea and vomiting.

The risk of contracting most viruses, including the flu can be lowered by practicing good [hygiene](#) safety measures. This includes washing your hands and wearing gloves and other protective wear, if, and when treating someone who is ill. Patients with virus' who are treated in health care facilities are more likely to survive than those who are treated at home. Staying home instead of going to the hospital when seriously ill increases the risks that those within the household will become infected. Unfortunately this is what is happening in West Africa, where the stigma of having Ebola prevents many people from seeking treatment, and hospital facilities are underequipped to handle the mounting cases.

As of Oct. 23, 2014 measures are being used to avoid an outbreak in the United States. This includes sending infected patients to designated hospitals who are equipped to deal with Ebola and restricting incoming travelers from Western Africa and other countries the disease has spread in, to a limited number of airports that are equipped to screen flyers with symptoms. For more information about Ebola here in the United States, visit the [CDC](#) website.

[Michigan State University Extension](#) advises washing your hands frequently, getting daily physical activity and eating [nutritious meals](#) to help keep your immune system strong. This will help you fight off the more common viruses we do see in our country, such as influenza.

This article was published by [Michigan State University Extension](#). For more information, visit <http://www.msue.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <http://bit.ly/MSUENews>. To contact an expert in your area, visit <http://expert.msue.msu.edu>, or call 888-MSUE4MI (888-678-3464).

Greetings from Election Central,

The November 4, 2014 General Gubernatorial Election is here. This is your opportunity to make a significant impact in your community and the entire state of Michigan! Most offices are contested, so your vote can make a difference!

The polls open at 7:00 am Tuesday morning and will remain open throughout the day until 8:00 pm. All 62 precincts in Calhoun County will be open for voting, so visit your regular polling location to cast your vote.

There are 3 sections on this general election ballot ... Partisan, Non-Partisan, and Proposals. The Partisan section includes offices from Governor to County Commissioner and a few Township offices. You may vote Straight Party, split your selections voting Straight Party and for individual candidates of your choice under any other party, or mix your selections by simply voting for individuals of your choice in each office. Six parties qualify to appear on this ballot: Republican, Democrat, Libertarian, U.S. Taxpayers, Green, and Natural Law.

The Non-Partisan section includes the Courts, Community College, and School Districts. In addition, Albion and

Marshall City offices and Village offices appear on their appropriate ballots.

The Proposal section of the ballot contains 2 State Proposals, both pertaining to Wolf Hunting Seasons. Additionally if you reside in Pennfield, Sheridan or Tekonsha Townships you will see a local proposal. And the Athens Area School District is seeking a Bond Proposal for School Buses.

All candidates and proposal language is posted on our web site on the Elections Page. You may also View Your Sample Ballot prior to going to the polls. Check it out on our home page: co.calhoun.mi.us.

Remember to take your photo ID with you to the polls on Election Day.

Unofficial results will be available on our web page beginning after 8:00 pm - don't forget to 'refresh' your screen throughout election night.

<http://www.co.calhoun.mi.us/>



We Need Men's, Women's, Children's & Infants' Sweaters!

We are collecting tired but true
sweaters between now and
Thanksgiving Day. Please bring
your sweaters to Bachman Hebble
Funeral Service located at
223 North Bedford Road.

*"Serving or giving whatever you can to
someone in need will truly lift your spirits."*

From Judith Brooks


BachmanHebble
Funeral Service Inc.

223 North Bedford Road, Battle Creek
965-5145 • www.bachmanhebble.com



DON'T MISS SMALL BUSINESS SATURDAY NOVEMBER 29

Small Business Saturday is an American shopping holiday held on the Saturday after Thanksgiving during one of the busiest shopping periods of the year. First observed on November 27, 2010, it is a counterpart to Black Friday and Cyber Monday, which feature big box retail and e-commerce stores respectively. By contrast, Small Business Saturday encourages holiday shoppers to patronize brick and mortar businesses that are small and local.

Follow the link below to find a small business near you.

<http://shopsmallnow.americanexpress.com/?linknav=us-loy-open-shopsmall-footermap>

November Happenings

Battle Creek Holiday Parade & International Festival of Lights: November 22,
6:00 pm to 9:00 pm, Downtown Battle Creek.

Marshall's 50th Annual Christmas Parade: December 1, Parade starts at 7:00 pm Downtown Marshall.
(269.781.5163)

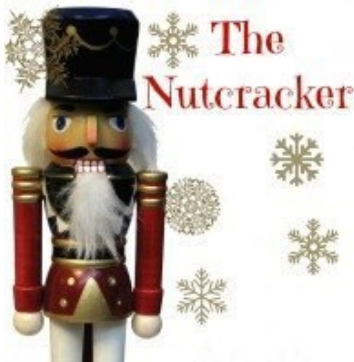
Albion Aglow: November 24, 6:30 pm Downtown Albion with a holiday parade of homemade floats and Santa Clause. (517.629.5533)

Santa's Bag Art & Craft: November 15, 9:00 am to 4:30 pm at Marshall High School. (269.789.0410)

Kalamazoo Holiday Parade: November 15, 11:00 am downtown Kalamazoo. (269.388.2830)

Shipshewana on the Road-Kellogg Arena: November 15: 9:00 am-6:00 pm,
November 16: 10:00 am-5:00 pm Adults \$4, Children 12 and under FREE

What's Playing



The Marshall Ballet Company will present Tchaikovsky's *Nutcracker Ballet* at the Marshall High School Performing Arts Center located at 701 North Marshall in Marshall, Michigan. The memorable holiday favorite will be held on Friday, November 28th and Saturday, November 29th at 7 p.m. and on Sunday, November 30th at 2 p.m.

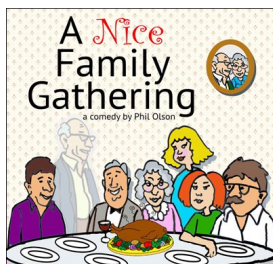
The costumes, scenery and performances of the local talent have delighted audiences for years and have become a holiday tradition for many.

Contact: Christie Barrett 269-986-3545

November 7-9, 14-16, 2014

Fridays and Saturdays - 8:00 p.m.
Sundays - 2:30 p.m.

Franke Center for the Arts
214 E. Mansion St. Marshall



Adults \$15; Seniors \$12; Students \$8
Call **269-781-3335** for more information!

CORNWELL'S CHRISTMAS

CAROL tells the classic Dickens Christmas tale of transformation...but with a bit of a riotous twist! As always, come and enjoy a Cornwell's Christmas Treat that's fun for the whole family.



Before the show you will be treated to a scrumptious Christmas meal with turkey and all the fixings.

Call for reservation: 269-781-4293 or 1-800-228-4315

Herb of the Month: Sage

Sage acts as a carminative, antiperspirant, antispasmodic, astringent, antiseptic, and antibiotic. More recently, sage has been discovered to have anti-allergic effects. Sage is also high in calcium. It provides potassium, magnesium, and zinc as well as vitamins C and B-complex. Sage is calming to the central nervous system and may reduce anxiety. Sage is a bitter digestive stimulant and acts to relieve digestive problems.

Taken cold, the tea is astringent and diuretic, and will help to reduce night sweats in menopausal women. Taken hot, a sage infusion acts as an expectorant and is good for common colds and flu. A strong infusion of sage used as a hair rinse may darken hair color and help reduce hair loss. The antibacterial properties in sage make it a useful mouthwash for gingivitis and an antiseptic sore throat gargle. A tea made from the leaves may be used as an antiseptic wash for wounds and sores. Crushed leaves may be applied to relieve insect bites. The powdered herb, added to toothpaste and powders, helps to whiten teeth. Simply squeeze the juice from fresh leaves or even just rub leaves onto the area to soothe insect bites.

Research confirms what herbalists have long known: sage is an outstanding memory enhancer. Sage helps provide better brain function and has been used in the treatment of cerebrovascular disease for over a thousand years.

Preparations

The leaf is the medicinal part of the herb. Both fresh and dried leaves may be used for medicinal or culinary purposes. The leaves are harvested when the herb begins to flower in the summer of its second year. The leaves are removed from the woody branches and spread in a single layer on a tray or screen in a warm, airy, and shady place. Exposure to direct sunlight during the drying process will result in a significant loss of the volatile oil. Dried leaves are stored in a dark, airtight container.

To make an infusion, 1 pint of non chlorinated water that has just reached the boiling point is poured over 2–3 tsp of dried or fresh sage leaves in a glass container. The mixture is covered and steeped for 10–15 minutes. This liquid can be drunk warm or cold, up to 3 cups daily, or used as a gargle or hair rinse.

Notice: You should not take sage if you are pregnant or breastfeeding



BUTTERNUT SQUASH SOUP WITH SAGE

- 1 tablespoon vegetable oil
- 2 1/2 pounds butternut squash, peeled and seeded and cut into 1-inch cubes
- 2 medium Granny Smith apples, cored and sliced
- 1 large onion, chopped
- 1 tablespoon sugar
- 1 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper
- 3 cups of chicken broth
- 1 tablespoon butter or margarine
- 12 fresh sage leaves



Heat oil in saucepot over medium heat. Add squash, apples and onion and cook until almost tender. Stir in sugar, coriander and red pepper. Cook and stir 2 minutes.

Add broth. Heat to a boil. Cook over low heat 10 minutes, or until squash is tender.

Place cooked squash mixture in food processor, using a slotted spoon. Cover and blend until smooth, adding enough cooking liquid to make soup of desired consistency.

Heat butter in small skillet. Add sage and cook until crisp. Remove and drain on paper towels. Reserve butter in skillet. Divide soup among 4 bowls. Drizzle each with sage butter and garnish with fried sage leaves.

BASIC SAGE AND BROWN BUTTER

- 8 ounces butter, unsalted
- 18 leaves sage, fresh
- 1/2 cup chicken broth, (vegetable broth may be substituted)
- Salt and pepper, to taste

In a medium sauce pan over low to medium heat, melt butter until solids just start to brown, 3 to 5 minutes.

Add sage and broth. Reduce heat. Simmer until slightly thickened, 3 to 5 minutes. Season with salt and pepper.

Use over fresh pasta dish, flaky white fish, drizzle over roasted squash or spaghetti squash.

You can either use the sage brown butter right away or pour it into a container to use later — it'll keep for about a week in the fridge tightly sealed.

November Milestones

25 YEARS & Over

Diane Withers - 28 yrs
Clerk Register's Office

Karen Snyder - 26 yrs
Circuit Court

Toni Underwood - 25 yrs
Clerk Register's Office

20 YEARS

Glen Gates

Sheriff's Dept.

Gina Randle-Mouton

Circuit Court

Scott Eby
Sheriff's Dept.

15 YEARS

Kori Albrecht

Road Dept.

Brian Beattie

Road Dept.

Wendy Slone

Finance

Rhonda Siegel

CCCA

Sally Jenkins

Sheriff's Dept.

Scott Austad

Sheriff's Dept.

New Hires

Joshua Jacobus

District Court

Harry Burdett Jr.

District Court

Sandra Peterson-Egnor

Equalization

Shantell Samons

Sheriff's Department

Ronald Alberty

Sheriff's Department

Samantha Brandon

Prosecutor's Office

Michael Feller

Treasurer's Office

Lisa Ulman

Circuit Court

Cranberry Three Way Recipes

Cranberry and Brie Bites

Ingredients

- 2 tubes (8 ounces each) refrigerated crescent rolls
- 6 ounces Brie cheese, rind removed
- 1 cup whole-berry cranberry sauce
- 1/2 cup chopped pecans

Directions:

(Preheat oven to 350°F)

Unroll one tube of crescent dough into one long rectangle; press perforations to seal.

Cut into 24 pieces; lightly press each piece onto the bottom and up sides of an ungreased mini-muffin cup. Repeat with remaining crescent dough.

Place about 1 rounded teaspoon cheese in each cup; top with cranberry sauce and sprinkle with pecans. Bake 10-15 minutes or until golden brown. Serve warm. Yield: 4 dozen.



Cranberry Apple Crisp

Ingredients:

- 4 large green apples, peeled, cored, and sliced 1/2 inch
- 1 cup fresh cranberries
- 3/4 cup brown sugar
- 1/2 cup flour
- 1/2 cup rolled oats
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1/3 cup butter, softened



Directions:

- Heat oven to 375 degrees F.
- Lightly coat an 8-inch-square baking pan with butter. Add apples and cranberries to the pan. Combine the sugar, flour, oats, cinnamon, nutmeg, and softened butter in a bowl. Sprinkle over the fruit and bake until golden brown--about 30 minutes.
- Serve hot with ice cream or cold with whipped cream.

Fresh Cranberry Salsa

Ingredients:

- 1 1/2 cups fresh cranberries
- 1 Anjou pear, peeled and chopped
- 1 large apple, peeled and chopped
- 1/4 red onion, chopped
- 1/2 jalapeno, chopped
- 1/3 cup fresh cilantro
- the juice of two limes
- the juice of one orange
- 4 tablespoons honey
- 1/4 teaspoon salt

Preparation:

Combine all ingredients in a food processor and blend until smooth. Taste and season with additional salt or honey if desired.



Note: this salsa can be very TART depending on your cranberries. Don't be afraid to add more honey, salt or even a few spoonful's of sugar (yes, sugar!) to the mix.



Holiday Craft Sale



So many talents, so many gift ideas. Get your Holiday shopping done in the blink of an eye.

1ST FLOOR OF
THE JUSTICE
CENTER



NOVEMBER 20, 2014
TIME: 9:00 AM TO 3:00 PM



Call Marie at x0980 for more information and to reserve a table.

The money from table rental will be given to the Wellness Committee to purchase incentive items for the Calhoun County Wellness efforts.

